

**Abstract**

Edible W/O emulsion spread comprising a continuous fat phase which contains a natural structuring hardstock fat, which hardstock fat contains at least 45 wt.% of SOS triglyceride (S is C18-C24 fatty acid residue and O is an oleic acid residue). A fat with such composition may be isolated from plants belonging to the genus *Allanblackia* or the genus *Pentadesma*.